

# WELLBEING PATH PARTICIPANT FOCUS

This activity will help you ideate solutions for your own pressing issues, and will help to identify ideal intervention opportunities by practicing forward thinking.

## HOW IT WORKS

**STEP 1:** Reflect on your current situation. Answer the questions on the worksheet provided.

**STEP 2:** Reflect on your future situation. Answer the questions on the worksheet provided.

**STEP 3:** Ideate and identify the challenges you might be facing in the future.

**STEP 4:** Choose three manifestations from the 'Futures' section. Write down how you think these manifestations will impact your life. Then, reflect on how the healthcare system will be impacted by these manifestations.



**STEP 5:** ‘Positive change’ refers to you improving, ‘no change’ assumes you follow the status quo, and ‘negative change’ refers to you declining. Share your ideas with the group and note the comments and feedback.

**STEP 6:** Based on insights from Steps 4 & 5, reflect and write down your “call to action.”

## **MATERIALS AT HAND**

Use provided worksheets.

### **Goals:**

- Come up with ideas that could impact you in a positive way based on the different future outcomes you might have

### **Requirements:**

- Come up with solutions and intervention ideas

### **Materials:**

- Worksheet

# WELLBEING PATH PARTICIPANT FOCUS

## Step 1 UNDERSTAND TODAY

YOUR GENDER:

Female

YOUR AGE:

20

What are some current challenges you are facing?

I have to be money conscious.

What are your major personality traits?

I work hard and am determined.

What motivates you and what do you value?

Friends/connections are what motivate me and what I value.

What is your experience like with healthcare today?

I hardly go to my primary care doctor. And my insurance doesn't cover much.

## Step 2 IDENTIFY NEAR FUTURE

How do you see yourself in 5 years?

Working at a job, still generally fit, but not eating as healthy as I could be or exercising as much as I should be.

What do you think your relationship with your primary care provider will be in 5 years?

I will still probably not go to my primary care doctor.

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## Step 3 RELATE TO AN ARCHETYPE

What challenges could you be facing in the future?

I will have trouble paying for/going to doctors appointments since my insurance doesn't cover much and because it's inconvenient. I am also adopted so I do not have any medical history.

## Step 4 IMAGINE THE FAR FUTURE



How would you be influenced by the following manifestations, and how would you respond to these influences?

### Integrated Technology

Integrated technology could help remind me when I need to make appointments, or it could schedule them for me.

### Transportation

Transportation could make it easier for me to gain access to the healthcare I need, when I need it.

### Product Transparency

Product transparency could help me to make more intentional choices about the things I consume.



How would your experience with the healthcare system be influenced in the far future?

My experience with healthcare could be improved by utilizing new technology, which could then help me attend appointments and better understand my health.

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## Step 5 NAVIGATE THE FAR FUTURE

What would you do if you followed each of change paths?



Write down your responses for each path.

### Positive Change

I would go to the doctor on a regular basis, as well as when I know I need care.

### No Change

I would go to the doctor once in a while when I had the time and money.

### Negative Change

I would stop going to the doctor altogether and risk catching possible illnesses.



Share your ideas and get feedback.

## Step 6 REFLECT

Based on insights from Steps 4 & 5, what would you do going forward to change the trajectory of your future path? This will be your “call to action.”

I will try to take advantage of the technology and resources that already exist to help motivate and push me to go to my doctor and improve my physical health.

## Step 1 **UNDERSTAND TODAY**

YOUR GENDER:

YOUR AGE:

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\_\_\_\_\_

What are some current challenges you are facing?

What are your major personality traits?

What motivates you and what do you value?

What is your experience like with healthcare today?

## Step 2 **IDENTIFY NEAR FUTURE**

How do you see yourself in 5 years?

What do you think your relationship with your primary care provider will be in 5 years?

## Step 3 **RELATE TO AN ARCHETYPE**

What challenges could you be facing in the future?



## Step 4 **IMAGINE THE *FAR* FUTURE**



How would you be influenced by the following manifestations, and how would you respond to these influences?

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How would your experience with the healthcare system be influenced in the far future?

## Step 5 NAVIGATE THE *FAR FUTURE*

What would you do if you followed each of change paths?



Write down your responses for each path.

Positive Change

No Change

Negative Change



Share your ideas and get feedback.

## Step 6 REFLECT

Based on insights from Steps 4 & 5, what would you do going forward to change the trajectory of your future path? This will be your “call to action.”